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Does panera have gluten free

Does panera have gluten free meals. Pancakes gibraltar. Is there anything at panera gluten free. Does panera have gluten free bread. What is gluten free at panera. Does panera have gluten free options. Does panera have gluten free breakfast items. Does panera have gluten free bread for sandwiches. Does panera have gluten free soups. Does panera have gluten free pasta. Does panera have gluten free mac and cheese. Does panera have gluten free bakery items. Does panera have gluten free bread options. Does panera have gluten free food.

This website may include affiliate links which won't cost you anything extra but will give us a commission on any purchases. We only recommend products we love, so you can trust our suggestions. If you're gluten-free, wondering what to eat at Panera Bread? Let's break down their cross-contamination policies and menu options, so you know what's safe to order and what risks are involved. Panera Bread is a popular café-bakery chain with locations across the US and Canada. They're known for their fresh bread, soups, and pastries. However, Panera doesn't offer gluten-free bread or pastries, which might be disappointing for some. The good news is that they have a variety of other gf options on their menu, but these come with a clear warning about cross-contamination. Here's the deal: you can make your own Panera Bread 10 Vegetable Soup Recipe at home. It's easy and delicious! If you're gluten-conscious, Panera has a list of safe options like soups, bowls, salads, smoothies, and oatmeal. However, all these options come with a disclaimer that they're prepared in the same kitchen as their gluten-containing items. So, what does this mean? Basically, cross-contamination is a risk when eating at Panera. But it's worth noting that bread dough and many baked goods are made in specialized facilities and then shipped to individual restaurants for baking. This reduces the risk of flour flying everywhere, but doesn't eliminate it entirely since baked goods get warmed and cooled, spreading traces of gluten throughout the kitchen. The bottom line is: if you have celiac disease or are very sensitive to cross-contamination, Panera might not be the best place to eat. However, if you're choosing a gluten-free lifestyle for personal reasons or because of a minor allergy/intolerance, you can still enjoy a meal at Panera. Just remember to tell them about your condition before ordering and ask them to change gloves and possibly get ingredients from the back. Panera's Gluten-Conscious Menu Items as of 4.5.2023 At Panera, you'll find a variety of options including bagels and breads, baked goods, sandwiches, flatbread pizzas, and salads. Their salad menu features Asian Sesame Salad, BBQ Salad, Caesar Salad (gluten-free dressing), Citrus Asian Crunch Salad, Teriyaki Sauce, and more. Soups include Broccoli cheddar soup, Ten Vegetable Soup, and Bistro French Onion with Cheese & Croutons. They also offer vegetarian options like Creamy Tomato with Croutons and Mac and Cheese. If you have food allergies or sensitivities, Panera has a separate allergen guide available online. However, for those who require gluten-free options, it's essential to note that oats are often contaminated with wheat during the growing process. While Panera does not use gluten-free oats in their products, some menu items contain oats. For medical reasons, individuals should avoid consuming oat-based items. Vegan and dairy-free options include Green Goddess Cobb Salad (order without chicken and gorgonzola), Greek Salad (order without feta), Peach and Blueberry Smoothie, and Steel Cut Oatmeal with Strawberries and Pecans. While Panera chips do not contain gluten ingredients, there is a risk of cross-contamination during production. Warm grain bowls are also gluten-free, except for the teriyaki chicken and broccoli option which carries a risk of contamination. Panera's salad dressings are generally gluten-free, with the exception of ginger vinaigrette, lemon vinaigrette, and tangerine soy ginger dressing. Cheese soup typically includes wheat flour as an ingredient, making it unsuitable for those who follow a gluten-free diet. The terms "gluten conscious" and "gluten friendly," often used to describe food products that avoid gluten-containing ingredients, are essentially synonymous. However, these labels might not guarantee the product's safety for individuals with celiac disease or severe gluten allergies.